PENN STATE HERSHEY
Vestibular Rehabilitation
Physical Therapy for treatment of Vertigo, Dizziness, and Imbalance

Who would benefit from vestibular rehabilitation and balance retraining?

- Persons suffering from vertigo, dizziness and imbalance that do not return to previous levels of function after sufficient recovery time.
- Seeing your physician prior to therapy is recommended to rule out more serious causes.

What are the Symptoms of Inner Ear Vestibular Pathology?

- Dizziness/vertigo
- Imbalance/unsteadiness
- Visual disturbances/nausea

Conditions that can be helped by Vestibular Rehab

- Benign Paroxysmal Positional Vertigo (BPPV)
- Positional or Motion induced Dizziness/Vertigo
- Motion Sickness/Agoraphobia (Fear of Heights)
- Imbalance/Gait Problems
- Meniere’s Disease
- Vestibular Neuritis/ Labyrinthitis

What is involved in the therapy?

- A thorough evaluation process is conducted to determine a comprehensive problem list affecting the person's ability to function. Four main areas that are addressed:
  1. Positional Sensitivities
  2. Eye and Head Coordination
  3. Neuromuscular Exam
  4. Gait and Balance
- Patient specific goals are developed according to deficits and a program is agreed upon and initiated.

What can you expect to achieve?

The goals of Vestibular Rehab Therapy are to improve balance, minimize falls, and decrease dizziness and/or vertigo by improving interaction between the body and inner ear.